

CLAIMS:

I claim:

1        1. An exercise apparatus comprising:  
2              a folding A-frame formed from two frame sections  
3              hinged together, said hinged folding frame sections  
4              being foldable on said hinge from a folded storage  
5              position to an open operative position;

6              a generally U-shaped swing portion movably  
7              attached to one said frame section and having a seat  
8              attached thereto; and

9              a pair of arms attached to said generally U-  
10          shaped swing portion and extending therefrom, each  
11          said arm having a handle portion thereon, whereby a  
12          person sitting in said generally U-shaped swing  
13          portion seat and gripping and moving said handles can  
14          move said generally U-shaped swing portion and person  
15          sitting therein relative to said A-frame to thereby  
16          exercise the person's arms and upper body.

1        2. The exercise apparatus in accordance with  
2          claim 1 including a leg exerciser attached to one said  
3          frame section and positioned for a person seated in  
4          said seat on said generally U-shaped swing portion to  
5          exercise the legs, whereby a folding arm and leg  
6          exerciser apparatus utilizes a person's own mass for  
7          exercising the arms and legs.

1        3. The exercise apparatus in accordance with  
2          claim 2 in which said hinged frame sections have at  
3          least one locking link to lock said frame sections in  
4          an open operative position.

1       4. The exercise apparatus in accordance with  
2 claim 1 in which said seat has an adjustable back  
3 supporting member mounted thereto.

1       5. The exercise apparatus in accordance with  
2 claim 4 in which said generally U-shaped swing portion  
3 is movable attached to one frame section at the end  
4 thereof and said other frame section is hinged to said  
5 one frame section between its ends.

1       6. The exercise apparatus in accordance with  
2 claim 5 in which said generally U-shaped swing portion  
3 seat has a foot supporting member mounted thereto.

1       7. The exercise apparatus in accordance with  
2 claim 2 in which said leg exerciser is a bar  
3 adjustable attached to said other frame member  
4 allowing said feet to be placed thereon while a person  
5 is seated in said seat and to push said U-shaped  
6 member, seat and person to exercise said legs.

1       8. The exercise apparatus in accordance with  
2 claim 1 in which said pair of arms are adjustably  
3 attached to said generally U-shaped swing portion to  
4 thereby vary the position of the handles thereof.

1       9. The exercise apparatus in accordance with  
2 claim 6 in which said foot support is removably  
3 attached to said seat.

1       10. An exercise apparatus comprising:  
2           a frame having a base frame portion and an angled  
3           upright frame portion;  
4           a generally U-shaped swing portion movably  
5           attached to said angled upright frame section and  
6           having a seat attached thereto;  
7           a pair of arms attached to said generally U-  
8           shaped swing portion and extending therefrom, each  
9           said arm having a handle portion thereon, whereby a  
10          person sitting in said generally U-shaped swing  
11          portion seat and gripping and moving said handles  
12          can move said generally U-shaped swing portion and  
13          person sitting therein relative to said frame to  
14          thereby exercise the person's arms; and  
15          a leg exerciser attached to said base frame  
16          section and positioned for a person seated in said  
17          seat on said generally U-shaped swing portion to  
18          exercise the legs while exercising the arms, whereby  
19          an arm and leg exerciser apparatus utilizes a person's  
20          own mass for exercising the arms and legs.

1       11. The exercise apparatus in accordance with  
2       claim 10 in which said seat has a back supporting  
3       member attached thereto.

1       12. The exercise apparatus in accordance with  
2       claim 11 in which said generally U-shaped swing  
3       portion seat has a foot supporting member attached  
4       thereto.

1       13. The exercise apparatus in accordance with  
2 claim 12 in which said leg exerciser is a bar  
3 adjustable attached to said base frame member  
4 allowing said feet to be placed thereon while a person  
5 is seated in said seat and to push said U-shaped  
6 member, seat and person to exercise said legs.

1       14. The exercise apparatus in accordance with  
2 claim 13 in which said pair of arms are adjustably  
3 attached to said generally U-shaped swing portion to  
4 thereby vary the position of the handles thereof.

1       15. The exercise apparatus in accordance with  
2 claim 14 in which said foot support is removably  
3 attached to said seat.